

# SINGLETON WEEKLY PROGRAM

Group based activities for participants 18+ **Start time** 9am **Finish time** 3pm. Pick up and drop off available at additional cost.

**Note:** To ensure we are keeping everyone healthy, safe and reducing the risk of exposure to COVID-19. In the short-term our program formats will be adjusted to minimise social groups and community access. These activities will be reviewed on a regular basis. All activities marked with an \* will be replaced with an alternative activity and will be communicated by your Service Manager.

## TUESDAY



### Gardening

Learn how to maintain our vegetable garden, water and weed.

**Activity cost** \$Free

### Recycling

Return and earn. Funds will go towards equipment needed for the hub, client lunch once a month and end of year excursion.

**Activity cost** \$5

### PCYC\*

Let's get physical and have fun. We head to the PCYC to get active and work up a sweat! Choose from gym, boxing or gymnastics.

**Activity cost** \$Free

### YOGA- At the centre

Participants and staff join in for YouTube yoga.

### Afternoon board games

## WEDNESDAY



### Gardening

Learn how to maintain our vegetable garden, water and weed.

**Activity cost** \$Free

### Literacy and numeracy

We'll use computer programs and games to improve budgeting and reading skills in a fun way.

**Activity cost** \$Free

### Pinterest

Research craft ideas, shopping for supplies and then make our crafts.

**Activity cost** \$10

### Outdoor activities

Basketball, ball games or a walk.

## THURSDAY



### Gardening

Learn how to maintain our vegetable garden, water and weed.

**Activity cost** \$Free

### Recycling

Return and earn. Funds will go towards equipment needed for the hub.

### Open Door-Community centre\*

Participants volunteer their time at the open door, assist with serving customers, cooking breakfast, cleaning and playing board games with the community.

### BINGO Port Stephens\*

Once a month \$20

### Scrap booking

We'll use our photography skills to make a scrap-book with photos we have taken and ideas sourced from Pinterest.

**Activity cost** \$5